

**Amendments to the Claims:**

1. (original) A method comprising the steps of:  
receiving rate information for a wireless unit at a first rate; and  
adapting at a second rate not equal to said first rate a channel for  
communicating between said wireless unit and a base station.
2. (original) The method of claim 1 comprising:  
using said first rate which is slower than said second rate.
3. (original) The method of claim 2 wherein said receiving comprises:  
receiving said rate information from said wireless unit.
4. (original) The method of claim 2 wherein said receiving further includes:  
receiving said rate information once every three slots.
5. (original) The method of claim 4 wherein said adapting further includes:  
adapting said rate information every slot.
6. (original) The method of claim 4 wherein said adapting further includes:  
responding to rate information up to once every slot.
7. (original) A method comprising the steps of:  
receiving rate information from a plurality of wireless units where each of said  
wireless units report said rate information at a first rate; and  
adapting at a second rate not equal to said first rate a channel for  
communicating between at least one of said wireless units and a base station.  
responding to rate information up to once every slot.

8. (new) A method for determining a data rate for a downlink communications channel shared by a plurality of wireless units for communication with a base station, wherein said data rate is adapted based on feedback information from at least one of the wireless units, said method CHARACTERIZED BY:

receiving, at a feedback rate, feedback information from at least a given wireless unit for calculating the data rate; and

adapting, at an adaptation rate different from the feedback rate, said data rate based on said feedback information, for at least the given wireless unit to use on said downlink communications channel.

9. (new) A rate-determination system for determining a data rate for a downlink communications channel shared by a plurality of wireless units for communication with a base station, wherein said data rate is adapted based on feedback information from at least one of the wireless units, said method CHARACTERIZED IN THAT:

the system is configured to receive, at a feedback rate, feedback information from at least a given wireless unit for calculating the data rate; and

the system is further configured to adapt, at an adaptation rate different from the feedback rate, said data rate based on said feedback information, for at least the given wireless unit to use on said downlink communications channel.